



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 25 Number 2, March 2016

Become a Ride Leader!

MBBC RIDE LEADER TRAINING: MARCH 24

With spring upon us and summer right behind, we all enjoy riding together in groups with friends. There are skills involved in safely leading a group of riders, and in the interest of promoting new and safe group rides around Whatcom County, the MBBC is offering a Ride Leader training course on Thursday March 24th, 6-8 pm at the WECU Educational Room on 511 E. Holly St. (across from its main branch downtown).

Leaders for all different riding speeds are needed, from the "Easy-going" group of 10-12 mph up to Race Pace. Leaders for the 10-12 and 12-14 mph speed rides are especially needed this year for Tuesday and Sunday rides.

The training is free and open to MBBC members as well as members of the local cycling community. Training will cover issues including safety in groups and safe riding skills on the road, assisting riders with mechanical issues, leading and sweeping, familiarity with the route, choosing an appropriate route and pace, how to handle accidents, and many more responsibilities that riders may not be aware their leaders are prepared to do!

The class is limited to the first 35 people to sign up. To reserve your spot and if you have questions, contact MBBC president Hilary Higgins: bikebeham@gmail.com or 360 255 8550. Pizza and beverages will be provided.

If the class has not filled up by March 22, current ride leaders are welcome to attend to get a review of the material. Call Hilary after March 22 to check for available space.

SPRING RIDING EVENTS IN MARCH

MUSSELS IN THE KETTLES

Mussels in the Kettles: Mountain Bike Riding on Whidbey Island, March 12 10am-1pm, Coupeville

Easy, Moderate, and Expert routes. Choose how you want to test your mountain biking skills. Yearly event coincides with the Penn Cove Mussel Fest!

musselsinthekettles.net

McClinchy Mile, March 20, 8am, Arlington



Choose from 34, 48, or 52 mile loops in Snohomish and Skagit County. Or combine for an early-season century ride. Starts at Haller Middle School in Arlington.

bikesclub.org/mcclinchy

Tweed Ride, March 26, LaConner



What would be better than a group ride among fields of daffodils in which the cyclists dress in classic tweed or any smart looking outfit. Any effort made to recreate the spirit of yesteryear is always appreciated. Any and all bicycles are acceptable on the Tweed Ride. It's a smashing way to throw a party for all our cycling friends to celebrate the arrival of Spring.

thedandydaffodil.com

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This month's contributors:
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Robertson. Thanks All!



the club online:

mtbakerbicycleclub.org
chuckanutclassic.org

and our social sites:

facebook.com/
mountbakerbicycleclub

sports.groups.yahoo.com/
group/MtBakerBicycleClub

twitter.com/mtbakerbike

flickr.com/
mtbakerbicycleclub/

WEEKLY/GROUP RIDES: THE "ALMOST SPRING" EDITION

Sunday Edison Social Ride starts from Edison

Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info:

Alfred Arkley arkley@comcast.net or 360-527-8638

Sunday Rabbit Ride: 32mi road ride, South on Chuckanut, back via Colony and Lake Samish.

All welcome; come prepared to push yourself. Pace varies by individual.

Small similarly-paced groups leave from Fairhaven Bike. Those who estimate a 2-or-more-hour ride time leave by 8:30am (winter start time). Faster groups leave every 5 minutes thereafter.

Info: John Hauter, johnh@fairhavenbike.com 733-4433

fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

Wednesday Group Trails Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. In winter months (October through mid-March) this is a trail ride with lights. Trail-capable bikes plus good headlights and taillights required. Socialize at Brewery afterward (7:30 pm) **Note! We will be switching back to road ride toward the end of March if the weather gets nicer.** Daylight time starts on March 13! Check with ride leaders.

Info: Tim Ryan: t.ryan.2009 at gmail.com.

Thursday South Social Ride starts from Edison

Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time

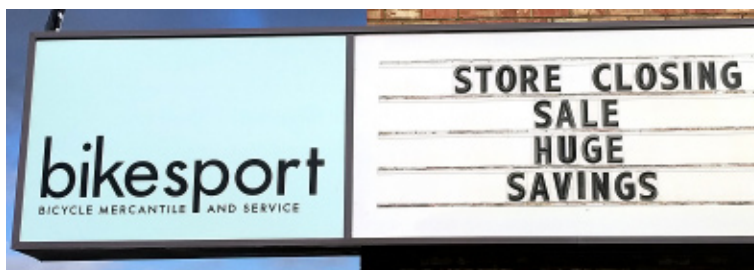
Info: Alfred Arkley: arkley@comcast.net or 360-527-8638



Spring Bike Ride by Katherine Wireman. Child Life, March 1946

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, switching back to summer start time of 7am in March. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!!

Saturday Recumbent Ride: Second Saturday of the month at 10 am. 14 mile intown course begins at Kulshan Cycles. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910



Bikesport, we hardly knew ye

We were sorry to hear that Bikesport Bellingham will be closing its doors, with its last day scheduled to be March 15. All inventory has been drastically discounted, and it has been selling fast. Stop in before March 15th and join the MBBC in wishing owner Andy Walker all the best in his future endeavors..



Welcome new members

Michael Goodwin

Mike Mattison

Mike Melland

Merdie Muller

We're glad to have you in the MBBC!

EVENTS IN 2016

Bike Month

National Bike Month - May 1-31

Procession of the Species parade - May 7 bpots.org/

Bike to Work and School Day - May 20

Adaptive Cycles Expo - TBD

watch for more Bike Month events to be announced in May.

Classes & Training

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html.

March 8 - Bike Maintenance Basics

March 29 - Mountain Bike Bellingham Overview

Cycle Moles Indoor Training - Spring "Moles" sessions start **February 29** and will get you ready for Ski to Sea! Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050



FEB 29 - MAY 19

Level 1 60 min
Mon & Wed; 6:45 - 7:45am

Level 2 90 min
Tue & Thu; 6:45 - 8:15pm



*The best preparation for
Ski to Sea & Spring Cycling!*

360.733.5050
www.cyclemoles.com

Register now!

Races

April 2-3 US Cycling Collegiate road racing in Bellingham
nwcollegiatecycling.us/16SRoad.html

May - October BMX racing, Fridays and Saturdays; practice track open Tuesday and Thursdays. bellinghambmx.com

May 29: Ski to Sea skitosea.com

June 25: Lake Padden Triathlon
cob.org/services/recreation/races/Pages/padden-triathlon.aspx

June 26: Bellingham Kids' Traverse
recreationnorthwest.org/bellingham-kids-traverse

TBD: 6th Annual All-Girl AlleyCat (Seattle)
menstrual-monday.com

August 7: Bellingham Youth Triathlon - cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx

Sept 17: Bellingham Traverse
recreationnorthwest.org/bellingham-traverse

Gatherings

Women on Wheels -- **March 3**, 4-8 pm at the Cascade Bicycling Center; 7787 62nd Avenue NE Seattle
cascade.org/connect/women-wheels

As of March 1st, some annual rides don't have their 2016 information updated yet. Check back every month as new rides are added and dates are finalized.

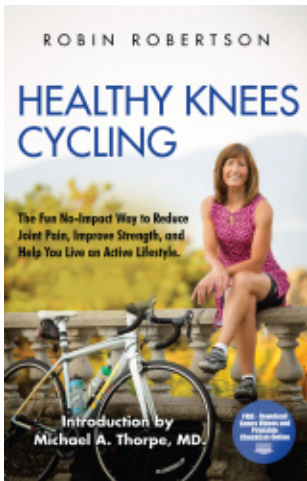
2016 RIDES	
March 2016	12 Mussels in the Kettles (Whidbey Island) whidbeybicycleclub.org/ 20 McClinchy Mile (Arlington) bikesclub.org/mcclinchy 20 Gran Fondo (Ephrata) rideviciouscycle.com 26 Dandy Daffodil Tweed Ride (La Conner) thedandydaffodil.com
April 2016	3 Emerald City Bike Ride: car-free streets (Seattle) cascade.org/rides-major-rides/emerald-city-bike-ride 16 Tulip Pedal (La Conner) tulipfestival.org/calendar/event/522 23 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm
May 2016	1 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer 1 Bike 'n Brews (Seattle) cascade.org/seattle-bike-n-brews 7 Skagit Spring Classic (Burlington) skagitspringclassic.org 22 Tour de Cure (Woodinville) main.diabetes.org/site/TR/TourdeCure 30 7 Hills of Kirkland (Kirkland) 7hillskirkland.com
June 2016	4 Flying Wheels (Redmond) cascade.org/flying-wheels 5 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer 12 Woodinville Wine Ride (Woodinville) cascade.org 25 Red-Bell 100 (Redmond-Bellingham) cascade.org/redbell
July 2016	3 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer 13-17 RedSpoke (Redmond-Spokane) redspoke.org 16-17 STP (Seattle to Portland) cascade.org/stp 16 Tour de Whatcom (Bellingham) tourdewhatcom.com 28 RAMROD (Mt. Rainier) redmondccyclingclub.org
August 2016	6 Tour de Lavender (Sequim) tourdelavender.wordpress.com 7 Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org 7 Summer Rides Series (Bellingham) mtbakerbikeclub.org/summer 7 Ride the Hurricane - portangeles.org/pages/RideTheHurricane 12-14 Obliteride (Seattle) obliteride.org 12-13 RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp 13-14 RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp 27 Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey 28 Chuckanut Classic (Bellingham) chuckanutclassic.org
September 2016	4 Woods2Woods Summer Ride (Bellingham) mtbakerbikeclub.org 10-11 MS 150 (Mt Vernon) bikewas.nationalmssociety.org/ 25 Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic
October 2016	TBD Boneshaker Bike Festival (LaConner) boneshakerbikefest.com
November 2016	25 Day-after-Thanksgiving Ride (MBBC Ride - Bellingham)
December 2016	14 or 21 Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

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Healthy Knees Cycling

IT TAKES MORE THAN TREATING THE KNEES TO KEEP THE KNEES HEALTHY

by Robin Robertson



Robin Robertson is Cycle Moles Founder, Owner & Manager of Bellingham Tennis Club & Fairhaven Fitness, and Author of #1 Amazon Best Seller Healthy Knees Cycling. Check it out at HealthyKneesBook.com

is more than just about your knee and you should take into consideration the joints above and below. Caring for your lower body kinetic chain starts at your ankles and includes your knees, hips, and ends at your lower back.

There are three gluteus muscles. They all originate at the pelvis and end (or insert) on the femur (thigh bone). Here are their primary functions (they all help with some of this):

gluteus maximus: extend the leg at the hip joint (to bring the thigh behind you). The gluteus maximus is used through the top of the pedal stroke to about half way down to the bottom.

gluteus medius: lift the leg to the side

gluteus minimus: Internal rotation of the thigh at the hip.

The gluteus maximus is the single biggest muscle in the body. In cycling we primarily use the gluteus maximus during the power phase (pushing down) of the pedal stroke. The gluteus medius and minimus muscles get left out of the spin cycle and, if you only cycle, that can make them weak.

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Healthy Knees = Healthy Hips + Healthy Ankles

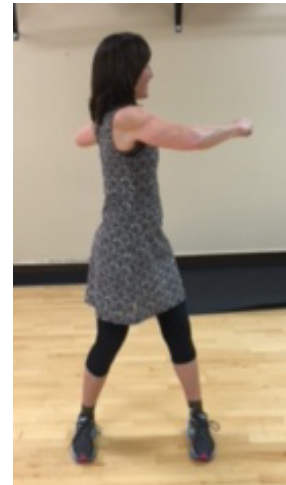
Let's talk about your knees, knee strength, and knee pain. But it is so much more!

First, we will think about the joints in your body as a series of links that all depend upon each other to work as a whole. It's a mobility-stability-mobility chain.

- Ankle = mobility
- Knee = stability
- Hip = mobility
- Back = stability
- Neck & shoulders = mobility
- Elbow = stability
- Wrist = mobility

If one of your mobility joints loses its mojo (and its ability to move), then one of your stability joints takes one for the team. For instance, if one side of your hip is rotated because of tight muscles, you may feel the pain in your lower back and/or knee. If your ankle lacks in range of motion, you knee will likely be affected.

Since our body parts are all connected, the likelihood that you've got something more than "just knee pain" is high. You may have knee pain because of a weakness in your hips or ankles! I've learned that dealing with knee pain



Healthy Knees Cycling



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You callin' my gluteus medius weak?

Does it matter? You bet. Your Glute Medius and Minimus are part of the team of muscles that controls your leg action. If they are weak, your knee and lower back take up the slack.

Here is what you can do:

Gluteus Medius:

1. Hip Bridge (gluteus maximus) squeeze your glutes before you lift
2. Lateral Band Walk (gluteus medius) squat position with body weight or band above knees
3. Side Plank – (gluteus minimus) with leg lift, point toe down to engage the minimus!
4. Lower Lumbar Twisters – rotate upper torso side to side. (images on previous page)
5. Ankle Mobility: Point, Flex, lift inside of foot, raise outside of foot, foot pulls (with leg extended behind, point your foot and place the top of foot on floor, rotate to each side)
6. Hula Hoop!
Makes your hips and ankles mobile and juicy.

Happy, healthy cycling!



MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
open position - Vice President
Jennifer Longstaff - Secretary/Membership
Kathy Steele - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Tim Ryan, Joe Wiederhold - at large

Project leaders:

Chuckanut Classic: Doug Schoonover and committee
Ride Leader Coordinator: Greg Rehm
New Year's Day Ride: Mark Wheatley
Summer Rides: Jennifer Longstaff
Bus-to-Bike Shelters project: Rodd Pemble
Ciclovía Bellingham: Joe Wiederhold
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Website: Michael Richard
Bike to Work & School Day Bellingham Station: Pam Fonda
Bike to Work & School Day Everson/Nooksack: Mary Cole



Club Bike Jerseys

The official MBBC bike jersey is a colorful short-sleeved full-zip jersey, available in men's and women's sizes, race cut and club cut. We are working on an individual ordering system where the jerseys can be ordered directly from Voler.com. Members will receive a discounted price on the jerseys. Announcement of MBBC's Voler jersey-ordering website will be listed here and on the MBBC web page soon..

Contacts:

Information-- bikebehame@gmail.com
Chuckanut Classic -- (360 410-6431)
chuckanut@mtbakerbikeclub.org
Newsletter -- news@mtbakerbikeclub.org

Contribute to the MBBC newsletter submission guidelines:

Articles, editorials, photographs, and artwork are welcome for inclusion in the newsletter. Anything related to bicycling will be considered; please discuss ideas with the editor (news@mtbakerbikeclub.org) in advance to reserve newsletter space or if you have questions. Final materials are due the last Friday before the last full week of every month, though earlier submissions are appreciated. Text can be submitted in any common format, for example: plain text, HTML, MS Word, etc. Please use JPG, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. Articles may be edited for grammar, spelling, and space considerations.

Please notify the MBBC of upcoming cycling events for inclusion in the events list/calendar. Provide details plus contact information.

Classified ads are a MBBC member privilege and are printed as space is available.

MBBC Membership Form for 2016

☐ New Member ☐ Renewing Member ☐ This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Contact telephone number: _____

Associate member: _____

(An associate member is any person living at the same address as the individual member)

I would like to receive my newsletter via (choose one): ☐ on-line or ☐ printed & mailed

Would you like to help? Volunteers are our most valuable resource.

Please check any of the boxes that appeal to you and we will be in touch:

- ☐ Board Member ☐ Ride Leader ☐ Newsletter
☐ Chuckanut Classic ☐ Bike to Work and School Day
☐ Special Events ☐ Membership ☐ Education
☐ I can provide discounts on _____

individual and corporate membership forms may be
downloaded at: mtbakerbikeclub.org/join-the-club/

Membership type:

Individual: \$20 _____
Family/Associate: \$30 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club

Mail to: Mount.Baker Bicycle Club
attention: membership
Post Office Box 2702
Bellingham, Washington 98227

Mary and Ed head to New York City to ride the Five Boro Tour

BICYCLE FUNDRAISING FOR DOCTORS WITHOUT BORDERS



By Mary Cole and Ed Penfield

On May 1, we will be riding along with *Team Doctors Without Borders* in the 2016 TD Five Boro Bike Tour in New York City - along with 32,000 other riders! This is a 40-mile ride through 5 sections of the city, on roads mostly closed to vehicle traffic. We have supported Doctors Without Borders, a vitally needed organization, on a monthly basis for several years. Through this ride, we would like to help increase awareness of what these amazing, brave people do plus raise funds for their lifesaving work.

In over 60 countries, Doctors Without Borders saves lives by providing urgent medical aid to men, women and children affected by armed conflicts, epidemics, natural disasters, malnutrition, and other crisis situations, without regard to gender, race, religion, creed or political affiliation. They often work in remote locations, and are often the first international aid workers to arrive at the scene of an emergency. Doctors Without Borders was awarded the Nobel Peace Prize in 1999 for their humanitarian missions.

We have a fundraising web page set up by Doctors Without Borders - shortcut to the web page is:

<http://tinyurl.com/mary-ed-fiveboro>

Please take a look and consider supporting us.

Alternatively, you can send a check made payable to "Doctors Without Borders" to us at:

Aqua Island Technologies
2950 Newmarket St., #101-187
Bellingham, WA 98226

100% of your contribution is tax-deductible! And if your company has a 'matching gift' program, you can double or even triple your gift to Doctors Without Borders! We are paying for our own expenses, so 100% of your donation goes to this well-deserving humanitarian group, which supports 31,000 skilled and courageous staff around the planet.

We are grateful for any amount you are able to give, and thank you in advance for your generosity of spirit! If you have any questions, please feel free to send us an email:

aitwater@msn.com

- Mary and Ed



Ed and Mary on STP

EVENTS

continued from p. 3

Seattle Bike Show: March 5 & 6 seattlebikeshow.com
CenturyLink Field Event Center, 800 Occidental Ave
10-5 Sat; 10-4 Sun

Vancouver Bike Show: March 12-13
vancouverbikeshow.com
Vancouver Convention Center, Vancouver BC
10-6 Sat; 10-5 Sun

Washington Bike Summit - March 21-22 Olympia
wabikes.org/summit/

Pedaler's Fair (Seattle): TBD pedalersfair.com

Trail and Track Work Parties

- Whatcom Mountain Bike Coalition (WMBC)
wmbcmtb.org/trail-days/
Watch for the 2016 schedule
- Bellingham Parks Dept. 360-778-7105 and
cob.org/gov/public/volunteer/parks/pages/schedule.aspx
(open the PDF file with the schedule from this page)
March 26 - Railroad Trail 10am

Doctors Without Borders at work



Mount Baker Bicycle Club - March 2016 7

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
welcome SPRING!		March 1 Ferndale Social ride	2 Wed Group Ride	3 Edison Social Ride Women on Wheels	4	5 Donut Ride Seattle Bike Show: Day 1
6 Rabbit Ride Edison Social Ride Seattle Bike Show: Day 2	7 REI Bike Maint Basics class	8 Ferndale Social ride	9 Wed Group Ride	10 Edison Social Ride	11	12 Donut Ride Recumbent Ride Vancouver Bike Show Mussels in the Kettles
13 Rabbit Ride Edison Social Ride Vancouver Bike Show <i>Daylight Time</i>	14	15 Ferndale Social ride	16 Wed Group Ride	17 Edison Social Ride	18 MBBC April Newsletter Deadline	19 Donut Ride <i>Spring Equinox</i>
20 Rabbit Ride Edison Social Ride McClincy Mile Ephrata Gran Fondo	21 Washington Bike Summit Day 1	22 Ferndale ride Washington Bike Summit Day 2	23 Wed Group Ride	24 Edison Social Ride Ride Leader Training	25	26 Donut Ride COB Parks Trail Day Dandy Daffodil
27 Rabbit Ride Edison Social Ride <i>Easter</i>	28	29 Ferndale ride REI Mtn Bike class	30 Wed Group Ride	31 Edison Social Ride	April 1	2 Donut Ride Collegiate Road Racing, Day 1

MBBC's Signature Ride on a new weekend

August 28, 2016

chuckanutclassic.org



Join Team Nuu-Muu on the Red-Bell

WORLD BICYCLE RELIEF RIDE ON JUNE 25

Nuu-Muu, a Bellingham based women's active wear company, welcomes you to join Team Nuu-Muu for the Red-Bell ride on June 25th, a fundraiser for World Bicycle Relief and Cascade Bicycle Club. All riders welcome, especially first-timers and those looking for a fun, supportive crowd. Nuu-Muu has been a top fundraising team for three years running and offers team riders a

FREE dress, either for yourself or for a gift.

We'll offer informal local training rides in May and June.

Contact ashley@nuu-muu.com for more information.

We'd love to ride with you!

For more details, including an awesome video about Team Nuu-Muu, check out the web page:

nuu-muu.com/redbell.html



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227



TEAM nuu  muu

If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform news@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version sent to a US address..